

Pool Lifesaving – Sport, Participation and Leadership Skills for Life

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Royal Life Saving Society – Australia¹

Royal Life Saving Society – Australia has an established sport participation pathway that provides regular opportunities for pool lifesavers from community level to elite.

The sport of Pool Lifesaving tests a lifesaver's skills in rescue, accident prevention and emergency care.

A key activity is the 'Simulated Emergency' which pits an individual or team of lifesavers against a staged emergency. Variations of this activity are used in all Royal Life Saving Programs including Swim and Survive and Bronze Rescue.

Pool Lifesaving also provides an opportunity to learn or refresh resuscitation and rescue skills.

Royal Life Saving provides opportunities for communities and clubs to host sport development programs. The skills of Pool Lifesaving can be learnt in a dynamic and fun environment for participants of all ages – participants can be as young as five, but you are never too old to start.

Royal Life Saving is committed to developing the sport of Pool Lifesaving from the grassroots level through to elite national and international competition. Royal Life Saving also provides development programs and workshops for coaches and officials of Pool Lifesaving.

Pool Lifesaving development can begin as part of school participation, with a local Pool Lifesaving club or through regional, state, national and international competitions. The annual Australian Pool Life Saving Championships assist in the development of athletes from age of 11, as part of the Under 14's competition, through to Under 16's, Under 19's, Opens and Masters (30+ years) competition.

Royal Life Saving athletes have seen great successes in Australia and worldwide, representing Royal Life Saving at international competitions including World Lifesaving Championships, World Games, Commonwealth Lifesaving Championships, Asia Pacific Lifesaving Championships, Australian Masters Games and the Arafura Games.

The poster will discuss Royal Life Saving's development of Pool Lifesaving as a sport in Australia at the grassroots level through to the elite level and the importance of encouraging both young and old participants to learn the skills and knowledge of Pool Lifesaving that could one day save a life.

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